

ATC Outreach Program – Introduction to Services

Coaches, Parents & Athletes

- ❖ **Overview of Sports Medicine Services** – Direct Access to Froedtert & the Medical College of Wisconsin, located in Kenosha and Pleasant Prairie
 - United Bone and Joint Sports Medicine Physicians
 - Athletic Trainers and Physical Therapists
 - Emergency Medical Services
 - X-ray, MRI, bone scans

- ❖ **Sports Medicine Team Hotline (SMTH)** – How to access a Sports Medicine Specialist
 - **RecPlex Hockey ATCs:**
 - Licensed Athletic Trainer Heather Pryse –heather.pryse@froedtertsouth.com
 - Licensed Athletic Trainer Johanna Phillips -
johanna.phillips@froedtertsouth.org
 - **Sports Medicine Team Hotline: 262-671-SPTS (7787)**

- ❖ **Hours of Coverage:** Monday & Thursday 6:00-9:00 PM at the IcePlex

- ❖ **Exclusive Team Services**
 - **Free Injury Consults** – Access through SMTH
 - **Fast Trak:** Sports Medicine Physician and Physical Therapy Appointment
 - **Direct Access to *The Froedtert & the Medical College of Wisconsin Sports Medicine Physical Therapy Services***
 - Integrating sports injury rehabilitation with return-to-sport training programs
 - PT and ATC staff have advanced Sports Medicine certifications
 - Strategically located at the
 - Somers Medical Office Building
 - St. Catherine’s Medical Campus
 - Kenosha Medical Campus
 - RecPlex

STATE-OF-ART TREATMENT AND EQUIPMENT

- Manual Therapy
 - Myofascial Release
 - RockTape®
 - Proprioceptive Neuromuscular Facilitation
 - HydroWorx® Underwater Treadmill & Video System
 - Ultrasound and Electric Stim
 - Running and Jump Analysis
 - FMS® Assessment & Performance Training
- **Concussion Management Program**
 - ImPACT Baseline and Post-Concussion Testing
 - Sports Medicine Physical Therapy & Athletic Training – Concussion-Return to Participation Program